

Dialog

October, 1995

GBC

Student Newspaper

Students Unite for Common Goal SA Seeking New President

Young people in cities all over the world are faced with an increasingly complex society. In order to determine their role in this society, youth must feel a strong sense of community membership. This sense of community membership is not fostered by simply talking about the concept of "youth empowerment." Rather, a sense of community membership requires genuine youth integration and participation in all facets of community life. Youth need to be recognized as valuable members of the community. They need to be listened to, their viewpoints need to be respected, their experiences with various social institutions and groups need to be acknowledged. A healthy community incorporates the needs and concerns of youth, as expressed by youth, into its laws, cultural programs, social and political structures, and economic and educational institutions.

It is with all of the above in mind that the Municipality of Metropolitan Toronto's Youth Forum has been planned. From October 18-20, 1995, Metro Toronto will host "A Place to Belong: Improving the Community Through Youth Action." The forum is sponsored by "Metropolis" — a world-wide association of cities. Young people representing cities from all over the world will come together to participate in the forum, which will be chaired by David Miller, Metropolitan Councillor for Parkdale/

High Park who is Vice Chair, Metropolis, North American Section.

"Young people have been involved in every aspect of planning this conference. The agenda expresses their concerns and hopes," said Councillor Miller. "We have already begun creating a world-wide network of youth — through mail, internet and direct communication. This network will be a lasting way of ensuring communication between youth of different countries and cultures."

In three days of seminars, meetings, plenary sessions and face-to-face encounters, the participants, representing such cities as Torino, Colombo, Paris, Tokyo, Istanbul, Dhaka, Toronto, Harare, Ottawa, Winnipeg and Calgary, will take part in some of the following seminars:

- + "Living Politics" — a multi-media, artistic presentation on the range of political influence strategies that youth can employ in their respective communities
- + "Youth Access to Services and Resources" — an opportunity to gain an understanding of services and resources available to youth in various metropolises
- + "Youth Participation in Government Policy" — an exploration of the involvement of youth in the policy-development process of municipal government
- + "Compounding Alienation, Intersecting Identities" — a recognition of the diversity of young people in

society and concerns over identity as influenced by racism, classism, sexism, homophobia, disability, ageism and religious discrimination

+ "Media Literacy" — a focus on the critical consumption and analysis of youth images created and shown by the media

+ "Healthy People, Healthy Communities" — an exploration of the meaning of healthy communities and a discussion of what role youth can play in creating them.

It is hoped that the three-day encounter will create lasting and effective networks among the participants. These will serve to further the needs and aspirations of youth, both in their own communities and in the larger global setting.

A position paper describing youth's thinking about successful community participation and integration will also be developed at the forum. This position paper will be circulated by Metropolis to key policy makers on youth-issues around the world.

On behalf of the Municipality of Metropolitan Toronto and Metropolis, Chairman Alan Tonks and Councillor David Miller would like to invite youth, professionals working with youth and political representatives to attend "A Place to Belong" in Toronto, from October 18-20, 1995.



Previous President Michelle Sliz moved on to bigger and better things

To the surprise of the Student Association, the position of Student Association President has re-opened. The previous President, Michelle Sliz, came aboard in June and for four months presided over the association. A few weeks ago the members of the Student Association were notified that Michelle was leaving. The opportunity of a lifetime had presented itself to Michelle and no-one was going to stand in her way. Michelle, trained as sign language interpreter, had months ago applied for a position with Toronto Separate School Board, never expecting to be offered the position. A few weeks ago, Michelle received a phone call that in-



SA President's Office Empty

formed her she had the position and it began in a week.

The winning of the position brought mixed blessings: the excitement of starting a new job in the profession she loved and had trained for, but she would be leaving behind the friends she had made at George Brown College and the promise she made to improve the association for all the students in the college.

An emergency board meeting has been set for early October to decide what to do about hiring a new president. For now the hiring is on hold and the position is vacant, hopefully not for long.

Michelle Sliz's letter to students is in the Student Forum Section.

8th Annual

Remembrance Day Show

on November 10

Put on by the second-year speech class of the GBC Theatre School.

Time and place to be announced

INSIDE

Club News

Sports

New Music

Hospitality News

Student Forum

and more.....

Editor

Craig Goodwill

Hospitality Editor

Denise Coward

Publisher

Weller Publishing

Writers

Denise Coward

Ras Elijah

Stephen Westbrook

Franky Chernin

Babak Ardoush

Contributors

Alex Barbier, Sports

AMA

Ace

Accounting Club

Hispanic Social Club

Student Forum

STUDENT ASSOCIATION = POWER!!



**Babak
Ardoush
V.P.
St. James
Campus**

The Student Association (SA) is here to represent your opinions. With eyes kept open the SA's goal is to acknowledge and understand the political, social and cultural life of its members as well as providing a variety of services to all GBC students (in some cases Full Time students only). Achieving this ideal needs strategy,

hard work and time.

Strategy: Let's review the three major ideological approaches - and the logic behind them - towards "how to deal with issues and problems":

a) Conservatism (or Traditionalism) tries to keep the tradition because it believes that without the same customs the relationships within any community or society will torn apart.

b) Revolutionism: sudden impacts and fundamental changes in a very short time, cutting all the rela-

tions and connections with the past and creating a new and bold atmosphere could be a summary of this approach.

c) Reformism (or Evolutionism) gradually tries to empower and educate by providing the appropriate environment and facilities. Unfortunately its efforts are superficial and not fundamental.

The SA approach: SA will keep and examine every relationship and value with roots within all its members, clean it from wrong assumptions and hypotheses,

and present a new philosophy and approach:

Hard Work: Student Leaders (30) and staff (10) are those who run the SA in four campuses. This means that Student Leaders must attend a number of meetings, organize and participate in different events as well as "post 5 office hours per week". In addition, they "must maintain a grade average of 2.0". It is a great challenge (especially if you also have a part-time job).

Time: Eight or sixteen months are not usually enough to see and feel dramatic changes. After years of confusion, SAC was replaced with SA in order to change the image of "student Rep". Since it

became a Corporation it was clear that it would no longer serve only a particular group. Its level of conscious has improved so that is now capable of understanding the needs and interests of all students.

For some people it is too easy to criticize and attack the direction and focus that SA has chosen. It does discomfort those who used to "take time and do so little, if anything at all".

Well the time has arrived! The SA is young but it is also energetic, strong and aware. It needs positive feedback and support from its members, the students. Come to your SA office, voice your opinion and participate actively.



**Michelle
Sliz
President
GBC
Student
Association**

It is with deep regret that I have submitted my resignation as President of the Student Association (SA) to the SA Board of Directors. As it sometimes happens in life, the best-laid plans can go astray. I had planned to remain with the Student Association until May, 1996, and possibly until May, 1997, if they would have had me.

In early September, I received a job offer to work for the Metropolitan Separate School Board of Toronto as a Sign Language Interpreter in an elementary school. For those who are unaware, I recently graduated from Sheridan College with my Sign Language Interpreter Diploma. It was my full intention to pursue Sign Language Interpreting in one to two years, but to work for the Student Association in the

meantime, while continuing with my own professional development in the Interpreting field.

In today's difficult job market, this offer was an opportunity I could not let pass me by. Everyone I have been in contact within the Student Association and within the College Administration has been extremely supportive and understanding to my situation. Though it will be emotionally difficult to leave the people that I work with, I must look to the stability of my future as any recent (or non-recent) graduate would.

I extend my sincerest thanks and appreciation to my team members within the Student Association for their kind words of congratulations, and for a terrific summer. They are an excellent group of people, and I encourage all GBC students to make at least one trek to their SA office to meet the people that work very hard for you.

Have a great year!

Creating a New Environment Metro University College Caucus

Metropolitan Universities and Colleges Caucus (MUCC) was founded in 1987 by a number of post-secondary student governments within the City of Toronto. Today, the caucus looks to five cities and one borough, where it represents 140,000 students from the Greater Toronto Area.

What is MUCC? MUCC is the first Canadian student caucus to actively work on metro issues directly affecting student life. We are a service-based organization focusing on practical solutions.

How does it work? We function on a co-op system that operates on the principles of decentralised government. Every school within the Greater Toronto Area is a member, and each member is considered equal. With input from students, issues are tabled for consideration. With consensus, directives are developed and then implemented.

beginning. However, it is important to note that directives remain secondary to an individual's student union, unless MUCC members agree that an issue is significant enough to warrant a united effort by each member's school. All MUCC members conduct themselves in a supportive manner, thereby creating an atmosphere of co-operation and solidarity. Finally, our meetings are scheduled bi-weekly and rotate from school to school. We encourage and welcome all students to attend.

What does MUCC do for you? MUCC takes its directives from the membership. Since we meet so frequently, new issues can be addressed quickly and effectively. MUCC is currently concerned with implementing a post-secondary transit pass, researching the effects of an Income-Contingent Repayment Plan on post-secondary institutions and not only preserving but

improving the quality of education. On January 23, 1993, we organized the largest student strike in Canada. In addition, during the last provincial election, we ran a "Vote Education" campaign, which encouraged politicians and the electorate to note the importance of post-secondary education.

We are dedicated to hard work and accept the responsibility of serving students in their best interest. If you would like to get involved or if you have any further questions, please feel free to contact:

MUCC Spokesperson,
Andre Bastian
Metropolitan Universities
and Colleges Caucus
336 Student Centre
York University
4700 Keele Street
North York ON.
M3J 1P3
Tel: (416) 736-5324
Fax: (416) 736-5827

Custom Essay Service
Professional Research & Literary Services
960-9042
4 Collier Street, Suite 201
Toronto, Ontario M4W 1L7

Enjoy
Coca-Cola
Trade Mark Reg.

Club News

ACCOUNTING

The all-new Accounting Club is now open. Our temporary office is across from the library on the main floor of St. James Campus. We will be getting our own office after the GBC renovations are done, but for now we will share space with Athletics and the AMA Club. If you are interested in becoming a member and getting involved in this new and exciting Club, leave your name and number in the Accounting Box (in the Student Association Office in the basement) to the attention of our new president: Julius Mezo, President of Accounting Club. Everyone will be contacted by phone for our first meeting. Okay, accountants! Let's take GBC by surprise! Julius Mezo, President of Accounting Club

If you have an announcement for your club, or you would like to give an update on your club, please make submissions to the Dialog by the 15th of every month.

Hispanic Social

The main purposes of our club are to give you an opportunity to meet new people and to have a good time.

During our previous year we organized such events as dances at Latin night clubs (such as La Classique and The Flamingo), a club-associated volleyball tournament at Center Island (which included activities for children and a barbeque), picnics and sporting events at High Park, a paintball wargame at Sergeant Splatters, a successful weekend ski trip at Blue Mountain, a trip to Wonderland, and an end-of-the-year dinner and dance.

We have 37 members and welcome any students as well as people from other schools who are interested in participating in this year's events. We would like to thank you for taking an interest in our club and hope to see you at our first general meeting.

Success Update



Franky Chernin
Student
Success
Coordinator

"The challenge is not to manage time, but to manage ourselves."

Steven Covey, *The Seven Habits of Highly Effective People*

Now that all the glitches have been ironed out (we hope), it's time to start enjoying your college career — and that is exactly the way you should look at it. The next two or three years are part of your work life. John Handy in *The Age of Unreason* defines work as all activities that we do. He describes five types of work: wage work, for which we are paid for the number of hours worked; fee work, for which we are paid for the product or service we produce; house work, the work we do at home — cleaning,

laundry, child rearing, etc.; free work, which we do in our community as a volunteer; and study work, which is time taken to gain new knowledge and learn new skills.

If you think of your time at GBC at "work", as part of your life's activity, then you will also realize that it can be much more fulfilling and rewarding experience if you truly become a member of the OBO community. My first inclination is to list the numerous possibilities and opportunities, but I'll leave that task to you — talk to the Student Association, Counselling, Student Life, your Program Coordinator, or call me at 867-2674.

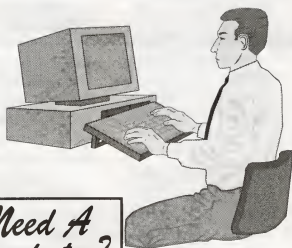
On another note, I want to thank all the staff and students who helped with our Orientation "Welcome". We had over 100 staff volunteers and many students commented on how nice it was to be greeted and per-

sonally directed to their program area. We hoped it helped in what we know can be a stressful and sometimes daunting process. If you have any suggestions for future orientations, please drop by my office at St. James Room 285C or call me at 867-2674.

SURVEY NEWS!

The Student Association marketing committee is looking for interested marketers! Would you like to volunteer your time to join a Survey Committee, and conduct survey's at all the campuses throughout GBC? Would you like to be a part of a dedicated team of student researchers? Do you care about the increases from the Toronto Transit System? If you answered YES to these three questions, please come to the SA office in the basement, and leave your name and number to the attention of: Beverley Thomson, Student Leader.

Club News Continued on next page



**Need A
Computer?**

RENT TO OWN

NEW 486's from \$59 mo.
PENTIUM'S, PRINTERS
FREE SHOP AT HOME SERVICE.

**NO DEPOSIT.
NO PAYMENTS
FOR 6 WEEKS.**

**FAST 416-285-7777
WEST 416-620-7777**

**TRUE VALUE
COMPUTERS**

Island Fest a Big Success

On Friday, September 8, 1995, GBC was given the day off school to attend Island Fest. Over 300 Community Service workers were on the Island early doing their divisional orientation. Alex Barbier (with a fun attitude) was always there to assist in the games and hype up the crowd. The Student Leaders from the Student Association pulled together as a team to lead the students in competitive events. Cynthia Hilliard was our programmer and supportive link for the day; she

really did a great job — ot to mention she was the official prize presenter.

All the different teams were given shirts, wristbands and balloons in the colour of their team. All the teams had plenty of free food at the BBQ and a vast supply of drinks, supplied by our Coke Rep. We had an amazing day, and the turnout was grand. As the band played, people had a chance to network and get to know the faculty that showed an amazing turn-

out this year. The day was a total success thanks to you.

Finally, I must comment on the BLACK TEAM, who stuck it out as a team throughout all the games. They had a great time and had the most fun possible. It's funny they came in third in the finals, but they thought they won the greatest gifts. Yes! A Husky baseball cap. All right BLACK team, see yah next year! Beverley Thomson (BLACK TEAM LEADER)

Books! Books! Books!

Bargains galore, used and new, at the University College Alumni Book Sale, King's College Circle, U. of T. campus (Queen's Park Subway), Sat. Oct. 14 (10-5); Sun. Oct. 15 (11-4, free parking on campus today); Mon. Oct. 16 and Tues. Oct. 17 (10-8) and Wed. Oct. 18 (10-1). Proceeds support college library. Information (416) 978-2968.

Computers!

Computers!

Computers!

GBC Sports



Men's Soccer

Over 30 players showed up for the Men's Soccer tryouts, which started on Wed. Sep. 6 at Moss Park. The challenge facing coaches Morandini and Magistrale was to put together a team in one short week before the opening game on Sept. 12 against the defending champs, Humber College. A few returning players, like Joe McGoe, Robert DeBarios, Kevin Galindo and Jeff Phillips, are being called upon to lead the team, and did a excellent job before dropping a tough 2-0 decision to Humber. If the team continues its strong play as shown in the opening game, they will be highly competitive and will do well as the season progresses. There are five games left to play, with the top two teams going to the playoffs. Best of luck.

X-Country

The O.C.A.A. Championship Race will be on Oct. 28, 1995 in Windsor and hosted by St. Clair College. If you are interested in running and would like to join our team, contact Sheky at 944-4627.

Intramurals

Another Intramural season is starting up and everyone is invited to come out and play! We are starting off the year with ball hockey and volleyball for the first six weeks and registration

is presently under way. Beginning on October 10, 1995, badminton and basketball kick off. So drop in to any Athletics Offices and sign up your team or yourself, participate and have a good time! If there are any questions or concerns, Val, Sheky and Chris will be more than happy to help you. So don't just sit there, get involved! After all, it's a good way to meet your classmates and others through friendly competition, while having fun. For a comprehensive listing of all Intramural activities, check the bulletin boards for the Athletics posters around campus.

COME OUT AND
YOU ARE GUARANTEED TO HAVE A
GOOD TIME!!!

Men's Basketball Team

Coach Delas is looking forward to working with a young and exciting group of players, who should take the league by surprise! Three or four returning players will form a strong nucleus with which to build, complemented by the eager new players. The tryouts begin Sept. 18 at 5 pm at Casa Loma. The practice times throughout the week (September to February) are as follows:

Monday 5:00 - 7:00 pm
Casa Loma

Tuesday 4:00 - 5:30 pm
St. James
Thursday 5:30 - 7:00 pm
St. James
Sunday 2:00 - 4:00 pm
St. James

The first exhibition game is October 13 at the University of Waterloo. The first home exhibition game is November 4 against Memorial University in the sixth floor gym. Look for big things from the Huskies in the 95/96 season.



Club News *Cont'd.*

Ace

ACE is a non-profit international network of students dedicated to developing, supporting, and bringing together young entrepreneurs. ACE promotes entrepreneurship as a career option and supports student business owners.

Dear Students & Members, I hope to see you at all the events we have planned for this year. Our first event on September 14th, marked the beginning of our Chapter's second year at George Brown College. With planning, communication, partnerships, and mentorships with the Rotary Club, ACE G.B.C will have what it takes for a successful school year.

We believe ACE will offer George Brown College students access to knowledge, ideas, and experience that will enrich their education in many ways. Through the club they can:

- + Learn and share ideas about entrepreneurship
- + Network with other people interested in entrepreneurship
- + Work on projects that will help them gain experience while still in school

This year is particularly exciting because we have managed to line up at least one guest speaker for every month of the school year, and our Second Entrepreneurship breakfast is approaching with breakneck speed. Last year's National Conference in Vancouver was an amazing gathering of today's and tomorrow's business leaders from the east coast to the west. It was an honour to represent ACE GBC there. This year the National ACE conference will be held in Toronto, where young tycoons will gather for information, and fun times.

Make sure you come to the first General Meeting, where we will announce the schedule of events for the year. Members have traditionally been small-business management students participating quite actively in club activities. However I cannot overemphasize how important it is to work as a team with students from the many different studies at GBC.

If you have any questions or comments about the club at any time during the year, don't hesitate to drop by our office located at St. James Campus, or give ACE a call at (416) 867-2900 extension X 1133.

On behalf of the last year's leadership team, and the executive of the club, I wish you the best of luck with your upcoming year!
Yours truly,
Michael Z. Davidson
President

AMA

September 18 marked our first speaker this year. We were delighted with the response from students to the Jerry Goodis lecture. Approximately 80 to 95 students came out to the lecture and participated with questions. We would just like to thank Jerry once again for talking time to share his knowledge on the importance of Customer Service in the industry with us. Secondly, we'd like to thank Maral Nalbandian for being a terrific hostess at the door, and making us all feel welcome. Finally, we'd like to thank our new-

est active member in the club, Rob Augustyn, for formally thanking our speaker and presenting him with a gift.

Our next free lecture on interactive learning is on October 2, 1995 in room 128 (Lecture Theater) across from the library at St. James Campus. This lecture will start at 11:30 am and go till 12:30 pm, plus an extra half hour for questions, until 1 pm. Everyone is invited to attend! We will be privileged with information on Canada's first CENTRE/EDUCATION/ATA DISTANCE, and the marketing concept behind it.

Come and ask Nancy McTavish, Business Market Manager, from Dell Canada, and Richard Rosen, Director of Information Technology at GBC questions. They will be on hand for one of the most futuristic educational lectures and question periods for our time period.

Watch for the posters in hall the ways for our next surprise speakers on October 16 and 30. The American Marketing Club cares about your educational needs.

Beverly Thomson
VP of Public Relations for
AMA

Hospitality News

Cooking with Cartoons

by Denise Coward

If you already thought cooking was fun, wait until you see the new Cartoon Cookbook available at most bookstores in Toronto. "Cheap Thrills Cuisine" is written and illustrated by Bill Lombardo and Thach Bui. It contains a collection of no-fuss recipes prepared by cartoon chef, Chef Peppi. Bill and Thach met while Bill was attending George Brown College for Culinary and Thach was working as a freelance cartoonist. The recipes include a variety of flavours from different countries prepared in a way that could be duplicated at home.

Since Oktoberfest is fast approaching, here is a recipe from "Cheap Thrills Cuisine" to help get the festivities started.

Recipes,
Cont'd

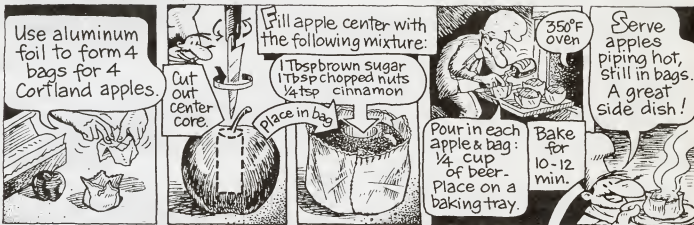
ENCHILADAS WITH CHICKEN

GEORGE BROWN
COLLEGE
ORIGIN: MEXICO

1 medium onion,
chopped about 1/2 cup
2 tablespoons vegetable
oil
1 to 2 tablespoons chili
powder
1 teaspoon ground cumin
1 can tomato sauce
(8oz.)
3 cups shredded cooked
chicken
1 cup shredded
Monterey Jack or Cheddar
cheese (4 oz.)
2 cloves garlic, chopped
1 1/2 cups chicken broth
1 teaspoon dried oregano
1 teaspoon salt
12 six-inch corn tortillas
Dairy sour cream



Oktoberfest Apfel



Hospitality Club Update

The Hospitality Club would like to welcome all new and returning students to another fun-filled year at the Hospitality Centre. Every month there will be an article in the Dialog to let you know what is going on with the club, so take a minute and read about upcoming events.

The BBQ held during orientation was a big success and we would like to thank everyone who volunteered and participated. Come out again for the next

BBQ and we will be sure to have more chicken burgers!

The first CFSEA senior branch meeting of the year was held on September 11, 1995 at Nestlé. The meal included a hot and cold buffet of Nestlé products. The speakers for the evening were: Jamie Matheson, National Advisory Chef at Nestlé and Tim Coughlin, Director of Business Development at Nestlé. The speakers demonstrated the new Integrated Menu

System, a variety of frozen vacuum packaged foods designed for Hotels and Institutions. Everyone at the meeting was treated to a taste of the food and the response was excellent. The products were tasty and the concept demonstrated a good example of future food trends in the industry. Two new members attended the meeting and they expressed pleasure with the event.

The Club is looking

for volunteers to help with a Scholarship Dinner at the Royal York Hotel on October 14, 1995. If interested, please come to Room 254 or call 867-2244 for details.

The next Senior Branch meeting will be on October 3, 1995, at Siegfried's Dining Room in the Hospitality Centre. The night will include an Aboriginal Menu and is only \$20.00 per student. The club offers some discount to selected members, so drop by the office and sign up.

Preparation:

Cook and stir onion and garlic in oil in 2-quart saucepan until onion is tender. Stir in broth, chili powder, oregano, cumin, salt and tomato sauce. Heat to boiling; reduce heat. Simmer uncovered for about 10 minutes. Dip each tortilla into sauce to coat both sides. Spoon 1/2 cup of the chicken onto each tortilla around chicken. Place seam sides down in ungreased rectangular baking dish, 13 x 9 x 2 inches. Pour remaining sauce over enchiladas; sprinkle with cheese. Cook uncovered at 350 degrees until cheese is melted, 10 to 12 minutes. Serve with sour cream and, if desired, shredded lettuce.

Background: Years before

the Spaniards came to Mexico, varieties of beans and squash were developed. Chillies and corn were later introduced. The herb of choice was Epazote, and chia seeds were also very popular to make into porridge. When the spice trade started in Mexico it was not opposed. They welcomed cinnamon, black pepper and cloves brought in. Everyone wanted European thyme, majoram, and bay leaves. Wheat, chickpeas, melons, onions, radishes, salad greens, grapes, sugar cane and fruit stones made it to Mexico as early as the second voyage of Columbus. Today, the same as years before, Mexican snacks play an important part in Mexico's

eating habits. They are normally eaten as a quick bite rather than a whole meal. They're tacos, burritos and nachos; foods that have become

popular in our fast food culture, but make up only a small part of Mexican cuisine. At Christmas a sweet snack originally imported from Spain is called Turrones. Paper-thin fritters called bunuelos are also popular. Three Kings Day brings candied fruit and rings of egg bread.



Canadian
Red Cross

**We need you.
We're asking.
Please Give
Blood.**

Hospitality News

Vegetarian Presentation Launches Speaker Series

Nettie Cronish, Natural Food Consultant and Writer, was the first participant of the Women's Culinary Network Speaker Series at the Hospitality Centre. The presentation, held on September 13, offered a lively and informative presentation on soy products. Ms. Cronish, who teaches introductory and advanced vegetarian cooking at The Big Carrot, Toronto's natural food store on the Danforth, says that many of her students are not vegetarians, they are meat eaters who simply want to eat better. They want to learn to cook vegetarian meals as well as they cook meals with meat.

While two Junior Escoffier volunteers, Kevin Kwsella and Lisa Sangalli, prepared Tempeh Sloppy Joes, the audience was given a first-hand introduction to tempeh. Tempeh is a high-protein, cultured food made from soy beans and/or grains, which is available frozen from health food or Asian grocery stores. When sautéed, this product resembles ground beef, making it a good vegetable substitute in dishes such as cabbage rolls, pizza and chili. Tempeh starts out grey in colour but becomes nutty brown once cooked and takes on the flavour of the ingredients it accompanies.

Tofu, made from the milk of soybeans and a coagulating agent, was also discussed. The coagulating agent is often calcium and it offers a high dietary source of this; in addition to protein. Tofu is very versatile and comes in many textures. Like Tempeh, it is flavourless on its own but takes on the flavour and colour of the dish. Ms. Cronish demonstrated a method of pressing tofu, which involves removing the liquid to allow it to absorb more flavours. Pressing can be done by placing the Tofu between two cutting boards and tilting the boards to allow the liquid to run into the sink. The process takes about 30

minutes and is a cheaper alternative to buying pressed tofu.

Ms. Cronish also talked about miso, a salty paste made from cooked, aged soybeans, which is used like you would use soya sauce in everyday cooking. The variety of recipes for these products are better than you would think. The message carried throughout the presentation was that vegetarian cooking can be fun, easy and healthy. It is up to us to open our minds to new products and food preparation methods. We have nothing to lose and everything to gain.

Restaurant Review

by Jason Greer, Food and Bev. 1B

Fosters Pub (South of Gerrard St. between Young and Bay) ***

Fosters is a charming pub where you get a sense of family and peace as soon as you walk in the door. When entering, you are greeted with a friendly "Hi" that you don't normally hear in Toronto.

The inside of the pub is quite long, with a bar extending half the dining room. Don't let that fool you, though: it is also a restaurant with 50 seats on the downstairs level. Upstairs is a game room with pool tables. The washrooms are here, bright, airy and impeccably clean.

One look at the daily special board and your mouth starts to water. French Onion Soup and Fettuccini with Crab were just a couple of items that caught my eye. The menu board also included a list of dessert items that could challenge my grandmother's baking talents (although I wouldn't tell her that).

Domestic pints cost \$4.50, so it would be easy to have a couple of beer with dinner and still have enough money left over for a movie. Dinner averages about \$10.00 per person, even though the pub could charge more for the quality and quantity of food they serve.

Quick and superior service with great food and prices — what more could you ask for in Toronto? Overall Fosters is a good choice for students.

Get Involved!
If not you, WHO?
If not now, WHEN?

Junior Escoffier Society off to Great Start

The Junior Escoffier is back better than ever this year! The annual BBQ, held in conjunction with the SA and the Hospitality Club, was a great success and we hope to have more again when the weather permits. There are a lot of guest speakers and industry events planned for the year so if you are a culinary student, or if you're just interested in cooking, please drop by Room 254 and ask for details.

The Women's Culinary Speaker Series is proving to be successful and the next two speakers have already been confirmed. The speakers are from a variety of backgrounds and offer interesting tips for students in Hospitality. Here are the next two dates to remember:

Chef Lili Sullivan: October 11 at 12:00 in Room 112. Chef Sullivan is a graduate of GBC and she has been cooking professionally for 12 years. Miss Sullivan was Sous Chef at Auberge du Pommier and Executive

Chef at Chapeau. She now works as a consultant to many restaurants in the city, including The Daily Planet and The Rebel House. Chef Sullivan is willing to answer many questions, so come prepared.

Daphna Rabinovitch: November 8 at 12:00 in Room 112. Daphna Rabinovitch is the Pastry Chef and Test Kitchen Director for Canadian Living magazine. The topics for the presentation include low-fat baking so it will be a great time to pick up some tips for the holiday season.

HOSTEX 1995

This year HOSTEX will be held on October 15, 16 and 17 at the CNE. On Monday October 16, passes will be available for students of George Brown College's Culinary Centre. Every student has been registered and you can pick up your pass at the front door. Before you make plans to go, check with your instructors about the arrangements. As Hospitality students, you should make an effort to go — it is an interesting learning experience that only happens once a year.

We Would Like To Hear From You...

The Hospitality News is an ongoing part of the Dialog. Each month the Hospitality Section will feature Recipes, Club and Society News, Restaurant Reviews, Industry Event Information and other articles from students. If you would like to contribute an article or

photo to the Hospitality section, please leave the information in the Blue Box outside Room 254 or contact Denise through the SA representative at 867-2244. Any suggestions or ideas would also be greatly appreciated. Hope to hear from you soon!

Recipes Chocolate Terrine with Grand Marnier Sauce

Submitted by Robert S. Brown, Retail Meat Cutting Student

500g bittersweet dark chocolate
250ml 35% cream
50 ml unsalted butter
4 egg yolks
175 ml icing sugar
50 ml dark rum
500 ml vanilla cream
anglaise
50 ml Grand Marnier

Terrine: Heat chocolate, cream and butter in a double boiler until glossy. Remove from heat and whisk in egg yolks one at a time.

Gradually whisk in icing sugar and continue to add until thick and glossy. Whisk in rum. Grease a one litre mold or loaf pan and line it with parchment paper. Leave two inches of paper outside the rim. Butter paper and pour chocolate mixture into pan. Cover with plastic wrap and refrigerate from 10 to 20 hours.

Sauce: Prepare the creme anglaise, remove from heat and place over an ice bath to cool and set. Add Grand Marnier, mix well and place in the fridge.

To Serve: Remove terrine from mould by lifting paper. Slice terrine and place on plates. Pour sauce over each piece and garnish with orange rind or mandarin orange slices.

New Music

CONVERSATION; TWINZ

By Ras Elijah

Members of the G Funk clique, TWINZ give us that West Coast sound that can be described as mad cool. But ever since school, identical Twinz Triploc and Wanica have been down with rhyming for ages. Sparring with the likes of Snoop, Nate Dogg, and Warren G, it would be no surprise for these true homies to represent on the mic. Prior to busting out on the mic, Twinz were involved in separate careers naming working for Greyhound Buses to the Navy. Now with their debut album, *Conversation*, the meaning is exactly what the title is.

So as we converse, Canada gets a chance to know both sides of the TWINZ.

Dialog—Ras Elijah on the Canadian parallel... Y'all wanna tell me who exactly are the TWINZ?

Triploc—Dion and Dewayne Williams!

Dialog—Alright, where are the TWINZ hailing from?

Triploc—The L.B.C.!!!

D—When and how did you both start rapping?

TL—We were rapping as a group!

D—Was TWiNZ well represented in your area?

TL—We used to just rhyme for a hobby you know what I'm sayin'. Like at lunch time, during school, you know when we're at the crib, or just chillin'... it wasn't like we were tryin' to get in the rap game at the time, we were just doing it as a hobby. In '92 we collaborated, me and Dewayne, and got together and became a group. Before that Dewayne was rapping with Confunktion, another group he was with.



Dialog—I've noticed that you're down with Snoop, Domino and Warren G?

TL—Yeah, that's our childhood buddies.

Dialog—So that's like your clique?

TL—Yeah.

Dialog—Can you explain how you manifested through your former careers that you were pursuing?

TL—Yeah it's all about trying to be positive and keep out of that violent stuff that be goin' round. That's all...

Dialog—How can you describe your music then?

TL—We call it Conversation... Cause that's basically what we do when we're rapping. Like what we see, or how we talk to you on this interview, we're just conversating.

Dialog—Any tours?

TL—Possibly for September, but it's not for sure. Touring is our thing though! We like that stage! We were on tour last year with Warren G in Europe doing his world tour. In Japan, we've been busy! We just got off tour in February, it's all good.

Dialog—Anything for Canada in the future?

TL—We'd like to go out

there as a package so when y'all ready for the whole G Funk to come we ready to come and perform and get down. We ain't never did Canada and that's one of the spots we're ready to hit!

Dialog—I've noticed with your album though, you got that West Coast mellow flow!

TL—We just want people to know that you know a lot of people be rappin' about violence and all. We wanted to come out on another angle. We didn't want to give any bad parts, we only wanted to give good parts you know and enjoy yourself!

Dialog—What is your favorite song on the album?

TL—Don't get it twisted. Waynica—Don't Get it Twisted, Round and Round, and Jump Ta This.

TL—Journey With Me, Hollywood.

Dialog—I like the message in Hollywood!

TL—[laugh] We did that with the Five Footers you know, chillin' in the studio. A lot of people were came gettin' and turnin' Hollywood. We though it was somethin' like we ain't gonna trip like that, we was gonna keep it real!



■ TUESDAY SEPTEMBER 26

Private Grand Opening Party with

SHE STOLE MY BEER

listen to Q107 to win tickets

■ FRIDAY SEPT 29

AGE OF ELECTRIC

with special guests

LILITH

tickets on sale now at ticketmaster \$6 adv. & \$8 at the door



■ SATURDAY SEPT 30

TEENAGE HEAD



with special guests **NATIONAL VELVET**

tickets on sale now at ticketmaster \$6 adv. & \$8 at the door

■ FRIDAY OCTOBER 6

WILD T. & THE SPIRIT and THE SIDEMEN

tickets on sale now at ticketmaster \$6 adv. & \$8 at the door

■ SATURDAY OCTOBER 7

APRIL WINE ONE SHOW ONLY!



tickets on sale at ticketmaster \$10 advance \$12 at the door

■ EVERY WEDNESDAY

\$2.50 til 10pm

FUEL UP WEDNESDAYS

LIVE ENTERTAINMENT • \$5 = DRAFT, BURGERS, FRIES

901 KING ST. W. 416-260-1818

Custom Essay Service

Professional Research & Literary Services
960-9042

4 Collier Street, Suite 201
Toronto, Ontario M4W 1L7

Books! Books! Books!

Bargains galore, used and new, at the University College Alumni Book Sale, King's College Circle, U. of T. campus (Queen's Park Subway), Sat. Oct. 14 (10-5), Sun. Oct. 15 (11-4, free parking on campus today), Mon. Oct. 16 and Tues. Oct. 17 (10-8) and Wed. Oct. 18 (10-1). Proceeds support college library. Information (416) 978-2968

Free Science Lectures

1995 Fall Series

Sundays at 3 p.m.

J.J.R. Macleod Auditorium

Medical Sciences

Building

University of Toronto

1 King's College Circle

(Queen's Park at College Street)

Starting October 22



Some of this country's most creative minds are in Canada's insurance industry.

They're the kinds of minds that know creativity goes far beyond art, literature or making movies. If you're like that, why not consider a career with Canada's property/casualty, or general insurance industry? The industry offers a wide variety of career choices for creative minds. Accountants yes, but also systems analysts, lawyers, managers, loss prevention engineers, investment specialists, investigators, marine underwriters, aviation adjusters and many more. The choice is yours.

General insurance is also an industry that encourages you to acquire its own levels of professionalism. As a Fellow or Associate of The Insurance Institute of Canada, you would join an

educated, experienced and ethical group of professionals equipped to pursue successful careers at the local, provincial, national or even international level.

Choice, challenge, satisfaction and security. They are just some of the rewards you'll enjoy through a creative career in the property/casualty insurance industry.

For more information, look for your local Insurance Institute in the white pages or, contact Les Dandridge, B.A., A.I.I.C., at The Insurance Institute of Canada, 18 King Street East, 6th Floor, Toronto, Ontario, M5C 1C4 (416) 362-8586 FAX (416) 362-1126.

Canada's Insurance Professionals

The Graduates of The Insurance Institute of Canada